

How to reset your Password (IBF members or former IBF members)

IMPORTANT: If you don't receive an email from us after you followed the necessary steps for the „Password Reset“ process as shown below (and we hope, you checked your spam folder as well), you might originally have registered with a different email address! In such a case, password reset will not help, because the system cannot recognize an unknown email address.

PASSWORD RESET PROCESS

1. Open The IBF website. In the Navigation menu, on top right side, click on „Log In



2. A new window opens, click on „Lost your password?“



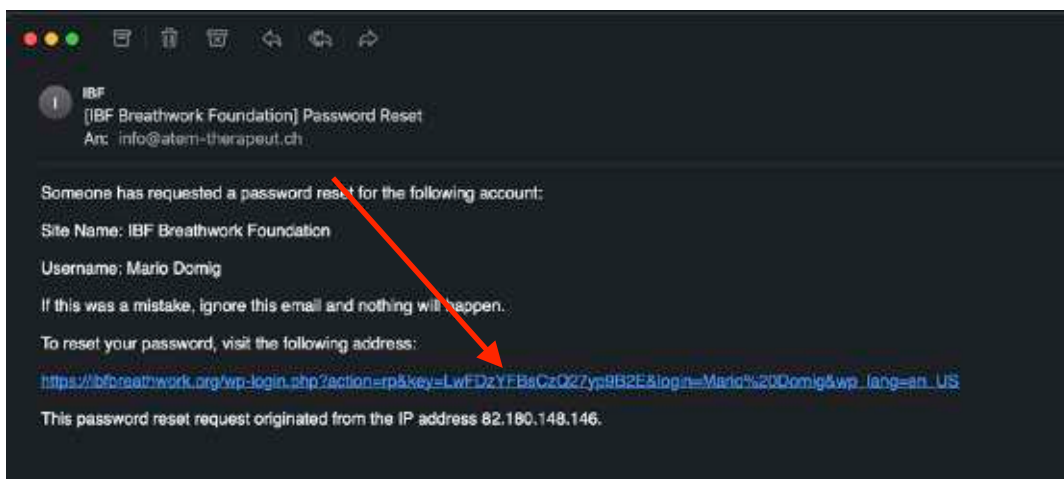
3. Again a new window opens. Here, enter your email address, then click on „Get new password“



4. You will see this at the end of the procedure



5. Open your mail program on your PC/Tablet/Phone and check for the IBF mail with the title „IBF Breathwork Password Reset“. Also check your spam folder for the mail!
6. Click on the highlighted link in the email.



7. This action will open the browser again in a new window.

Enter your new password below or generate one.

New password

Hint: The password should be at least twelve characters long. To make it stronger, use upper and lower case letters, numbers, and symbols like ! " ? \$ % ^ & ; .

Generate Password

Save Password

Log in | Register

[IBF Privacy Policy \(GDPR\)](#)

8. Finally, in the window shown above, enter your new password in the browser. The new password should be at least twelve characters long. To make it stronger, use upper and lower case letters, numbers, and symbols like ! " ? \$ % ^ & ; .
9. Click on „Save Password“ That’s it.
10. Now you can log in with the email address and your new password